

Work Performance Test

Chesterfield County Sheriff's Office personnel will administer the "Work Performance Test" to all applicants for Deputy Sheriff.

- The test will consist of a 150-yard course that will measure stamina and cardiovascular fitness in the completion of various job related physical skills.
- The applicant must successfully complete ten (10) obstacles in succession with a pass/fail time limit of 1 minute and 36 seconds.
- Participants must complete all events in the specified sequence or they fail the course.
- Participants who fail the course as a result of not completing an event may retake it one time on the same day.

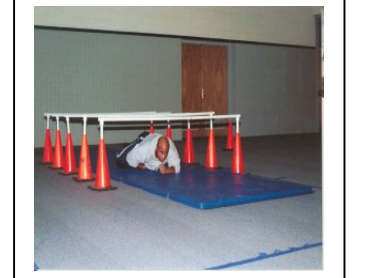
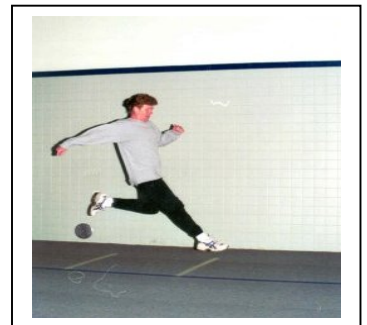
APPLICANTS WILL WEAR THE FOLLOWING WHEN RUNNING THE WORK PERFORMANCE TEST:

- Suitable athletic shirt
- Suitable athletic pants
- Sport shoes are recommended (sneakers or coaching shoes)

OBSTACLE COURSE:

The obstacle course must be completed by the participant in the **exact** sequence listed below:

1. Participant will be given a physical **description of a suspect**, and will start from a seated position when told to "GO".
2. **Run/Sprint 25 yards.**
3. **Jump a distance of 3 feet in length.**
 - This area will be marked off. If participant touches either the first or second mark, task is not completed.
4. **Run/Sprint 25 yards.**
5. **Climb over a five (5) foot high fence.**
 - If participant is unable to go over the fence, task is not completed.
6. **Run/Sprint 10 yards.**
7. **Crawl under an obstacle 24" high and 10 feet long.**
 - Participant must crawl through structure without touching the top of the structure. If unable to crawl the complete distance or raises the bottom of the obstacle, task is not completed.
8. **Run/Sprint 25 yards.**
9. **Climb up and down a standard 8" step for 12 repetitions.**



- Climb up and down a step using the movement of up/up, down/down (first foot second foot up, first foot down, second foot down).
- The step must be **12 complete repetitions**.
- A complete repetition is counted when both feet have returned to the floor.
- If participant does not have both feet on the step for counting or is unable to finish 12 complete repetitions, task is not completed.

10. **Run/Sprint 15 yards.**

11. **Crawl through window opening 36" w x 30" h x 3' above the ground.**

- If participant is unable to pass through opening, task is not completed.
- NO diving through the opening.
- Participant must not touch the top of the window frame.

12. **Run/Sprint 10 yards.**

13. **Identify the suspect.**

- Based upon previous description provided, the participant must identify the proper suspect by yelling out the correct number of the suspect figure.
- If participant incorrectly identifies suspect, task is not completed.

14. **Run/Sprint 15 yards.**

15. **Move a 150-pound dummy 5 yards.**

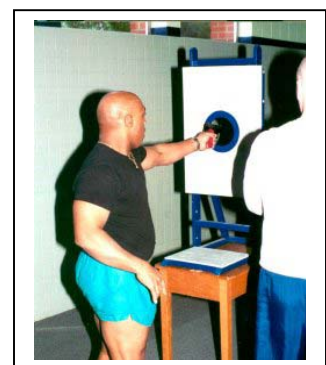
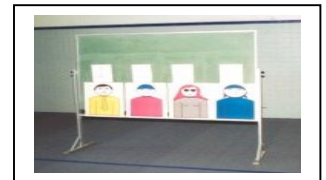
- The participant must move a 150-pound dummy beyond a designated line five yards away.
- When moving the dummy, participant must protect its head and neck and lift it under the arms.
- If participant is unable to move the body completely past the designated line, task is not completed.

16. **Run/Sprint 20 yards.**

17. **Trigger pull exercise.**

- The participant must pick up a safe, ready to fire double action firearm from a table using the dominant hand to pull the trigger once while holding the muzzle inside a stationary border six (6") inches in diameter at shoulder level, then withdraw weapon from stationary border and transition to non-dominant hand, replace in border and pull trigger one more time.
- If participant is unable to pull the trigger or touches the ring with the firearm, task is not completed.

****TIMING STOPS WHEN GUN IS PLACED BACK ON TABLE. ****



CRITERIA FOR COMPLETING THE COURSE:

1. Participants must complete **ALL** events in the specified sequence or they fail the course.
2. Participants must correctly identify the suspect.
3. Upon completion, participants will be told their time and informed if they successfully completed all tasks.